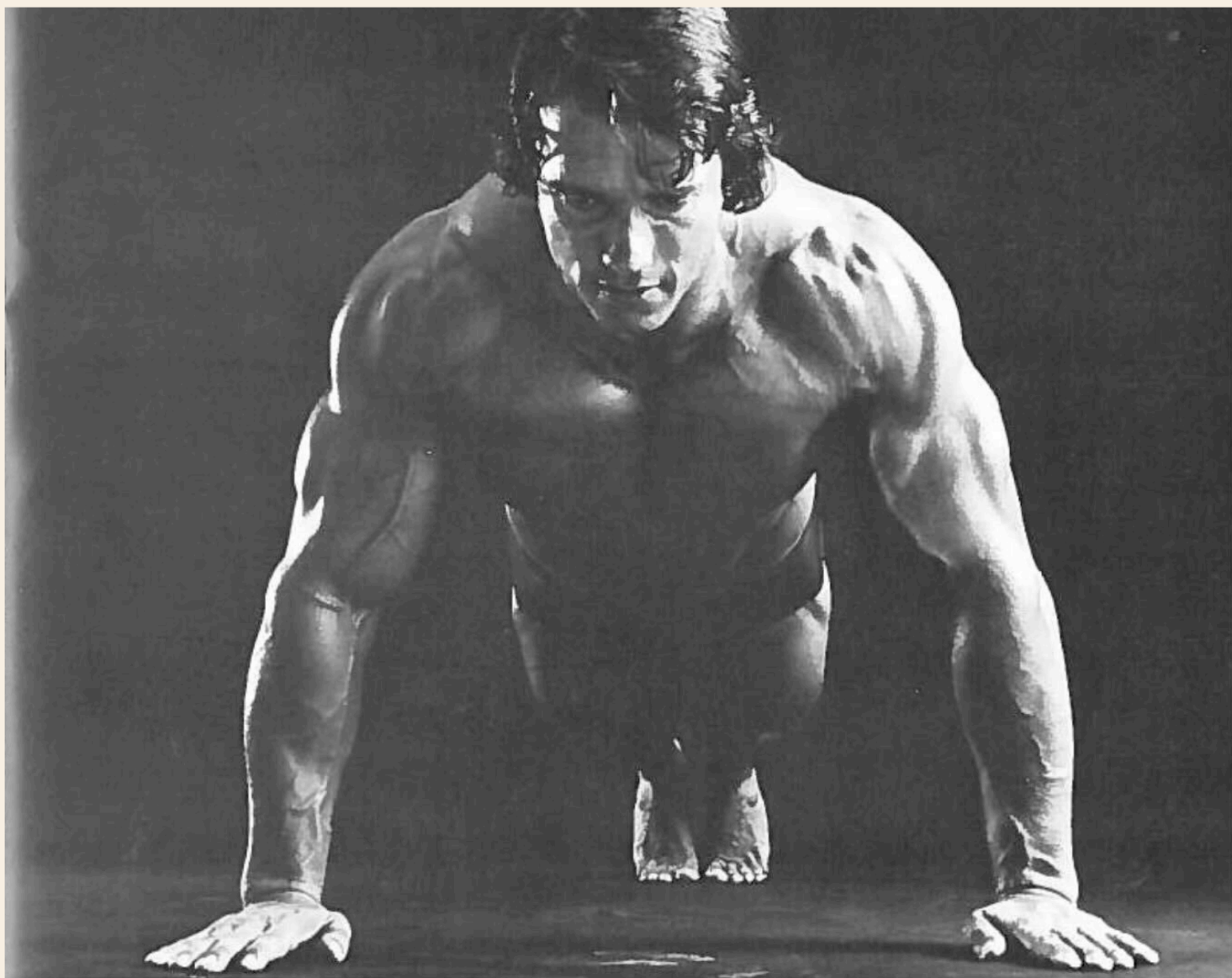


ARNOLD'S PUMP CLUB

15-MINUTE WORKOUTS



The Countdown
The Cardio Fix

The Hardest Minute
The 5 Minute Workout Challenge

The Two-Dumbbell Workout

SHORT WORKOUTS, BIG CHANGES

HOW MUCH TIME DOES IT TAKE TO GET FIT?

It's a question I've been asked many times over the years, and the answer is much less than you think. A consistent routine can deliver impressive results, even if the sessions are short. Successfully completing a short training routine every day will get you better results than doing monster workouts once a month. It's why we share 15-minute workouts each week in our daily newsletter, The Pump Club. Because we want to make it easier for you to eliminate excuses and prioritize your health.

And I'll admit, I want to get you hooked. I think a lot of people get scared off when they think about 30 minute or one hour workouts. But if I can get you to give me 15 minutes - and anyone can find 15 minutes in their day - I think you'll find a love of fitness no eventually want to do more.

A lot of people on Reddit asked me if I there was somewhere they could find the workouts we've been sharing. I realized since we have thousands of people signing up every week, all of you might feel like you are missing out on something.

To make it easier for you to stay fit and build better routines, we put together 5 weeks of workouts for you right here.

All of them can be done at home, all in less than 15 minutes. So get pumping!

A stylized, handwritten signature in black ink that reads "Arnold". The script is fluid and cursive, with a prominent 'A' and a long, sweeping tail on the 'd'.

THE COUNTDOWN

BUILD MUSCLE, BURN FAT, STRENGTHEN YOUR HEART

If you're looking to get your heart rate up and feel the pump without heading to the gym, try this simple workout. But don't confuse simple with easy.

The workout consists of two exercises that you perform back-to-back, resting as little as possible. The goal is to focus on good reps on every set. Use the chart below to adjust the workout to your skill level.

HOW TO DO IT

- Set a timer to see how quickly you can complete this workout.
- Perform the starting number of reps of pushups (use the chart below to customize your experience level, as beginners will do a different number of reps than advanced).
- Then, perform the starting number of reps of lunges (again, use the chart below to determine how many reps you should perform).
- After you complete your lunges, return to pushups and do one fewer rep than your first set. (Example: if you did 10 reps on the first set, you'll do 9 reps on the second set.)
- Then, do another round of lunges and do one fewer rep than your first set. (Just like pushups, if you started with 10, then you'll do 9.)
- Continue alternating exercising and descending by one rep until you only perform only one rep of each exercise.

CUSTOMIZE THE WORKOUT

Select your experience level and do the number of recommended reps.

ADVANCED (5 YEARS OF TRAINING OR MORE)

Start with 15 reps of pushups followed by 15 reps of lunges (on each leg)

INTERMEDIATE (~2 YEARS OF CONSISTENT TRAINING)

Start with 10 reps of pushups followed by 10 reps of lunges (on each leg).

BEGINNER (LESS THAN 2 YEARS OF CONSISTENT TRAINING)

Start with 5 reps of pushups (if needed, you can do these on your knees or place your hands on a bench or chair to make it easier), followed by 5 reps of lunges on each leg. (If lunges are hard, put your hand on a wall, couch, or chair for balance support.)

SAMPLE WORKOUT

If you're doing the advanced workout, you would do the following:

- 15 pushups + 15 lunges on each leg
- 14 pushups + 14 lunges on each leg
- 13 pushups + 13 lunges on each leg
- And continue dropping by 1 rep each round.

By the time you complete the final rep of pushups and lunges, you'll have performed 120 pushups and 120 lunges. And your body will feel it.

You can perform this workout three to four times per week, ideally taking a day off between each training session. The beauty of this plan is you can substitute an endless number of exercises. Choose 1 upper body movement, 1 lower body movement, mix and match, and watch your body transform.

Let us know how it goes, and share the amount of time it takes to complete the workout and tag Arnold on [Twitter](#) or [Instagram](#).

THE CARDIO FIX

SUPPORT LONGEVITY, CARDIOVASCULAR ENDURANCE, HEART HEALTH, AND FAT LOSS

If we've said it once, we've said it a thousand times: good workouts don't need to be long. They just need to be consistent and challenging.

Research suggests that just 10 minutes of cardio per day is all it takes to be healthier. Here's a workout that only takes 10 minutes, works for any level of fitness, and will improve your health.

Step 1: Set a timer for 10 minutes

Step 2: Walk for 1 minute.

Step 3: Run at a pace you can maintain for 1 minute. If you haven't run in a while, you can try power walking. If you run all the time, this can be more of a sprint. Pace yourself because there's more to come.

Step 4: Repeat step 2 (walk for a minute) and then step 3 (run/walk fast for a minute) until the 10 minutes are up.

Step 5: You're done!

At a minimum, you can do this workout 3 to 4 times per week, trying to rest a day in between. If your recovery feels good, you can do it more often.

Give it a try, and make sure to tag Arnold on [Twitter](#) or [Instagram](#) and tell him how it goes.

THE HARDEST MINUTE

BUILD STRENGTH, INCREASE WORK CAPACITY, EXPERIENCE CRAZY PUMPS

Note from Adam: I've been training people for 2 decades, and I've learned so much from Arnold during that time. There's not much I can teach the GOAT about training, but sometimes I share a technique or training style that makes him smile, and he tells me that I must share it with everyone. This is one of those examples.

Arnold knows the importance of intensity, which is why he loved the mentality behind "EMOM" workouts. EMOM stands for "every minute on the minute." It means you perform an exercise, time how long it takes to do one set, rest the remainder of the minute, and then repeat the exercise again. It's popular in Crossfit, but the technique has been around for much longer, and it's a great way to get in an intense workout by either using your body or a heavier weight.

Here's a great EMOM workout that checks all the boxes: challenging, fun, and done in very little time.

HOW TO DO IT

Step 1: Pick a single exercise. If you want to focus on your legs, it can be anything from bodyweight moves like squats, lunges, or hip raises, to weight exercises like deadlifts or leg presses. If you want to work on your upper body, do pushups or inverted rows (as bodyweight examples), or bench press, overhead press, dumbbell or barbell rows (for weighted exercises). The goal is to focus on movements that require lots of muscle.

Step 2: Set a timer for 1 minute and do the following:

- If you're doing a bodyweight movement, perform 8 to 12 reps.
- If you're doing weighted movement: do 6 reps, but using a weight you can lift with good form for 10 reps.
- Then, check the clock and rest the remainder of the 60 seconds.

For example, it might take you 20 seconds to do all of the reps in a set, and then you'll rest an additional 40 seconds (for a total of 60 seconds)

Step 3: Repeat this process of setting a timer for 1 minute, doing the prescribed number of reps, and then resting the remainder of the minute.

If you're a beginner (2 years or less of training)

Try to complete 5 to 6 total rounds for a total of 5 to 6 minutes of training.

If you're more advanced (more than 2 years of consistent training)

Complete 10-12 total rounds for a total of 10 to 12 minutes of training.

It might sound quick and easy, but it will feel slow and difficult by the time you're done.

You can perform this two to four times during the week. One day do an EMOM lower body workouts, and then the next you can do an EMOM upper body workout. You can take a day of rest between each workout, or can train lower body one day, upper body the next, and then follow with a day of rest.

THE 5 MINUTE WORKOUT CHALLENGE

REMOVE ACHES AND PAINS, IMPROVE YOUR POSTURE, MOBILITY, AND FLEXIBILITY

If you feel like you stare at machines (computers, phones) or sit too much, this week we're going to focus on loosening up and working on your flexibility and mobility.

You can do this anywhere, in less time than it takes to brew your coffee (so maybe do it while you're waiting for that sweet caffeine in the morning) and you can make it a standalone routine or a pre-workout warmup.

MOVEMENT #1: THE WORLD'S GREATEST STRETCH

Do six reps per side. Be sure to watch the video as there are 4 parts to this movement. The high knee hug, the Spider-Man lunge, the overhead reach, and the hip raise in the lunge position.

If you learn better from reading, [here's a write up!](#) Once you finish your sixth rep, stay on the ground and transition straight into...

MOVEMENT #2: CAT-COW STRETCH

Do 10 reps, where each rep includes both parts of the stretch. Once you finish your final stretch, sit on your booty and get ready for...

MOVEMENT #3: 90/90 HIP SWITCHES

Do 5 per side. And don't be afraid to use your hands. You don't need to be hardcore like all the people you see online to loosen up those hips. Once you finish that, stand up because next is...

MOVEMENT #4: 10-SECOND SQUAT HOLD

You don't even need a video for this (but we provided one just in case). Squat down, and hold the position for 10 seconds. Rock side to side if it feels good, and after you count to 10, squat back up.

MOVEMENT #5: BODYWEIGHT SQUATS

Perform 5 to 10 bodyweight squats. Feel better? This entire 5-movement sequence should take about five minutes, but you can fly through it faster to get your heart rate up or really slow down and enjoy the stretches. You can do as many rounds as you want.

THE TWO-DUMBBELL WORKOUT

BUILD MUSCLE, BURN FAT, INCREASE MUSCULAR ENDURANCE

Sometimes, all you need is one pair of dumbbells for a great workout. This plan will get your heart rate up, challenge your muscles, and even get a good pump. This is a full-body workout, doesn't require much space, and will show you how much you can do in very little time.

HOW TO DO IT

Step 1: Set a timer for 15 minutes.

Step 2: Perform 10 reps of each exercise listed below, shifting from one movement to the next with as little rest as possible. Once you complete all 7 exercises, that's one round.

Step 3: After you complete the first round, catch your breath, and then repeat the sequence again. Do as many rounds as possible, and once the timer goes off, the workout is done.

THE WORKOUT:

Perform 10 reps of each of the following exercises. (For farmer's walks, take 10 steps with each leg)

Exercise 1: Dumbbell row

Exercise 2: Dumbbell lunge

Exercise 3: Dumbbell overhead press

Exercise 4: Dumbbell Romanian deadlift

Exercise 5: Dumbbell overhead farmer's walk (walk with dumbbells held over your head)

Exercise 6: Dumbbell squat

Exercise 7: Pushups

HOW MUCH WEIGHT SHOULD YOU USE?

The overhead press will likely be your “weakest” exercise, so use a pair of dumbbells that you can do for 10 reps on that movement. It might feel easy on the other exercises, but that's OK. You're not building maximum strength with this workout. Your heart rate will start to rise, and each muscle group will stay “fresh” because you challenging different muscles with each set.

WHAT IF YOU DON'T HAVE DUMBBELLS?

Note from Adam: If you don't have dumbbells, you can also use kettlebells or bands. Don't have that either? Throw some books in a backpack, and do all the same movements while lifting the backpack. Row the bag, hold the straps, press the bag overhead with both hands, and wear it while doing lunges and squats.

MORE WORKOUTS, MORE ARNOLD

If you're looking for more workouts, soon Arnold will release his new fitness community. You can [join the waitlist here](#).

Or, if you want 3 daily fitness, nutrition, and mindset tips sent to your inbox each day, [join the daily newsletter](#).

YOUR PUMP CLUB TEAM

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Former Mr. Olympia, Conan, Terminator, and Governor of California

Adam Bornstein:

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Daniel Ketchell:

Editor in chief for The Pump Club, Chief of Staff for Arnold Schwarzenegger, Rucking and deadlifts, Dodgers fanatic, girl dad.